



ArenaRx

Program Schedule

Sessions Available
Exclusively for
ArenaRx Members

SCHEDULE EFFECTIVE September 2, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	12:30- 1:15	11-11:45	12:30-1:15	
	ArenaRx	Arena RX	ArenaRx	
No Classes for Rx	Meet at therapy pool	Meet on the fitness floor	Meet at therapy pool	No Classes for Rx
	Matt	Trish	Matt	
	4-445			
	ArenaRx			
	Meet on fitness floor			
	Matt			

Arena RX POLICIES & PROGRAM GUIDE REGISTRATION POLICY

Session times, coaches & formats are subject to change!

Arena Rx

The level one program is for brand new exercisers or those with special conditions. Our trainers will personally scale each session for the beginner- exerciser to acclimate you to our facility and fitness. Each intensity- appropriate session will utilize a variety of training methods that will infuse strength training AND cardiovascular training with every workout. You will learn proper technique and equipment use in a fun and successful environment!
Unlimited access for Arena Rx Members

ArenaRx Pool Session

Incorporate strength and cardiovascular exercises in our heated therapy pool. Strenghthen your body and improve flexibility and balance with or without equipment. Expect little to no impact to your joints. Leave each session feeling restored, stronger and healthier!
Our trainers will personally scale each sessionall levels of fitness.
Unlimited access for Arena Rx Members



INCLEMENT WEATHER POLICY - SHOULD HCPS BE ON A 2 HOUR DELAY OR CLOSURE- THE ONLY SESSION AFFECTED UNLESS OTHERWISE DIRECTED BY THE CLUB IS A CANCELLATION OF THE WEDNESDAY POOL SESSION.